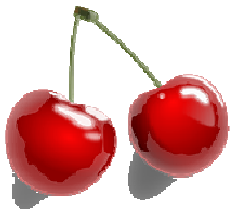

Interval Fitness Bursts

- **Wake up Interval (30 sec):** Balances blood sugar. Handles any 'stress' increase you may awake with and increases the insulin receptor efficiency throughout your day. Morning exercise, on an empty tummy, will maximize your fat burning more than afternoon exercise.
- **Every 4 hours,** find a step or run on the spot for 30 seconds to boost Human Growth Hormone.
- **If you go to a gym**, continue with your routine but START the routine with a quick 30sec high speed interval to boost heart rate and maximize fat burn.
- Do your bursts about **2 hours before you eat**. The interval benefit lasts about an hour after you have completed it but will stop the minute you eat anything. Avoid all energy drinks while exercising.
- Do a last daily interval about **1 hour before bed** to clear the insulin and residual sugar from your blood in preparation for your 12 hour fast where glucagon will stimulate fat burning.

Consider doing any, or combinations of the following

- Jumping jacks or running on the spot.
- Running up and down stairs, optionally carrying a weight
- Squats with optional hand weights. Even a 5kg bag of flour or sugar.
- Skipping
- Push-ups
- Stair-stepper
- Elliptical machine
- Exercise bike
- Treadmill